

Keep Moving Club Leaders, Walkers, and Friends

Keep Moving promotes physical activity to help prevent and postpone chronic disease, build healthy bodies and minds, and keep individuals socially connected. The *Keep Moving* Program has been promoting physical activity and friendship among people age 50 and over since 1985. The *Keep Moving* Program is pleased to re-launch our bi-annual newsletter *Footnotes* letting you know about program news, fellow clubs, tips on physical activity, nutrition, and healthy living. *Keep Moving* continues to grow. In this issue, we welcome the newly formed Harwich Walkers

As a walking club member, you are not only a part of your local club but belong to a network of more than 150 groups statewide totaling more than 3,000 members.

If you would like to start a walking group, have your group featured in future editions, or submit songs, poetry, recipes, club news or photographs, contact the Office of Healthy Aging using contact information on the last page of this newsletter. To find a walking club near you visit: www.mass.gov/dph/fch/elderhealth/index.htm.

Jan Marble Wrote the Book by Linda Fitzgerald, BCBSMA

The “*Keep Moving!*” call to action was first heard in 1984 when the idea of forming walking clubs in senior centers took root at the Executive Office of Elder Affairs (EOEA). The program started in 1985 when 1000+ people from across the Commonwealth walked around Boston Common. From there local walking clubs began. The *Keep Moving* program grew into many clubs across the state. State budget cuts forced EOEA to suspend the program in 1992. In spite of this, many of the local programs stayed active. They took “keep moving” to heart.



Jan Marble (far left), Former Director of the *Keep Moving* Program with members of the West Springfield

Keep Moving was resurrected in 1995 with funding in part from Blue Cross Blue Shield of Massachusetts (BCBSMA). With these funds, EOEA hired Jan Marble to direct the program. Eventually Jan and the program moved to the Department of Public Health (DPH) where the *Keep Moving* Program has continued to grow. DPH and BCBSMA have been partners in promoting fitness through walking for 12 years. BCBSMA has been a proud partner, watching and walking along as *Keep Moving* has expanded to include many more clubs, more diverse groups of people. The enthusiasm of that first walk on Boston Common continues.

BCBSMA shares with the pride that Keep Moving has been nationally recognized. It is seen as a model for fitness programs and, through Jan's hard work, has "written the book" on how to develop a statewide physical activity program.

I, along with others at BCBSMA, share the sorrow of Jan Marble's passing. She was the spark that kept us walking. She was the role model for healthy aging and someone we all looked up to. Who can forget her warm up exercises or smiling enthusiasm? Thank you, Jan, for all you did and thanks to all walkers and supporters of clubs for carrying on the tradition of Keep Moving.

A Tribute to our Friend, Mentor and Co-Worker

Jan L. Marble, MSW, LCSW

Former Director of the Keep Moving Program

Who passed away on November 28, 2006

We can never fill your walking shoes,
But standing on your shoulders we can all see clearer and further.

One step at a time, your commitment and creative leadership has led to the expansion of *Keep Moving* Clubs throughout the Commonwealth from the 20th into the 21st Century.

FEATURED CLUB: The Harwich Walkers

by Kathie Marin

After moving to Harwich in June 2003, Francois and Kathie Marin began walking with the Chatham Walkers. Over the next several years, a number of Harwich residents suggested starting their own group. The Marins attended a *Keep Moving* Leader Training in Beverly last winter. Kathie mapped out six routes, each close to three miles. Two routes are on the bike path, and the other four are on streets using sidewalks as much as possible. The Marins presented the proposed routes to the police and the Council on Aging (COA) and received a go-ahead. The next step was to have an informational meeting for interested walkers in May. Twenty-five people attended the first meeting; the first walk was right after Memorial Day 2006. Since the first walk, the group has numbered between 15 and 30 people.



Harwich Walkers

Walkers start-off together and walk at their own pace, returning to a parking area. There is the option of shorter routes for walkers not able to walk three miles. Harwich businesses donate funds to purchase tee shirts for the Harwich Walkers.

In November 2006, the Harwich Walkers presented the *Keep Moving* Program to the Harwich Council on Aging (COA). Lillian Colavecchio gave a motivating talk on the benefits of

walking. Club walkers spoke about their health successes, personal goals, and new friendships. Many Harwich Walkers shared how the group keeps them physically active while talking with new and old friends. All attendees received walking diaries and back packs from Ed Pomfred, *Keep Moving* Program Director. Visiting friends and relatives have been invited to join the Harwich Walkers. A summer resident and her teenage daughter were regular walkers. This past December, the COA notified Francois of a needy family in Harwich. The group raised funds and donated \$310 for this family. One of the walkers also collected clothes and toiletries from the group for the homeless on Cape Cod.

Borderland State Park Regional Walk

In October 2006, more than 200 walkers gathered to enjoy a beautiful autumn walk at North Easton's Borderland State Park. Walkers were treated to a varied course that included woods, open fields, water views and sights of an abundant wildlife of egrets, ducks, swans, squirrels, frogs, chipmunks, and fish. Some walkers favored the one-mile route while others explored the three-mile Pond Walk that meandered around scenic Leach Pond.



Walkers at Borderland State Park

This walk was made possible through the generous support from community leaders and club members. *Keep Moving* appreciation goes to the walking clubs that joined in including Medfield's Explorers, Walpole's Walk-A-Longs, Weston Walkers, Worcester Senior Center, Milford's Silver Sneakers, Whitman's Toll House Cookies, East Long Meadow's Morning Glory Walkers, Attleboro's Wanderers, Mansfield's Puddle Ducks, Wellesley Keep Moving Walkers, Hanover's The Strollettes, and Stow's Walking Group, and to Ranger Eleanor Wahrmarkt and her staff at Borderland State Park, the Sharon Fire Department, and EMT Firefighter Kurt Simpson, who assisted with blood pressure screenings.

Leader Appreciation Luncheon

A recognition luncheon was held at the Boston Marriott in Newton in October 2006 to honor the dedicated walking club leaders who are the heart and soul of the *Keep Moving* program. With the generous support of Blue Cross Blue Shield, the *Keep Moving* program club leaders and their guests enjoyed great food and hilarious entertainment. The True Story Theater ensemble re-enacted many of walking club leaders' engaging experiences.



Emmett Schmarsow, from the Office of Elder Affairs, being interviewed by a True Story Theatre player

Leaders receiving awards included: Mildred Siegel, Mrs. and Mrs. Garet Kinkead, Ali and Betty Baghai, Irene Claque, Dorothy Lufkin, Ken Lorey, Suzi Hansen, Rebecca Rosen -Horn, Alice and Mathew Savastano, Nancy Randall and Carolyn Goblick.

Tips for Healthy Walking

- A walk has three stages: warm-up, aerobic walk, and cool-down.
- It takes about 20 minutes for your body to reap the benefits of sustained exercise.
- As you become more fit, try to gradually increase your time and pace.
- Add walking poles for even more challenge.
- If you start to feel dizzy or nauseous, have pain or any other unusual symptoms, slow down, stop and rest.
- Cool-down after each walk by walking slowly for five minutes and stretch.
- Be sure to drink water.
- Preventing a fall is a serious concern. Looking down and ahead to check for exposed roots, broken bricks and other trip hazards is vital. Glance down often, but be sure to look ahead as well. Appreciate the view.
- The goal is to meet the Surgeon General's guidelines of 30 minutes of moderate physical activity on most days of the week.

New Staff Members Join the *Keep Moving* team

Anita Albright is the Director of the Office of Healthy Aging/ Office on Health and Disability. She comes to us with over 25 years of experience with diverse aging populations including working with the Kit Clark Senior Services. She enjoys gardening, kayaking, skiing, rollerblading and knitting, but not all at the same time. Anita includes walking into her daily routine by getting off her subway stop earlier and walking further in her commute to the office. She can be reached at: (617) 624-5440 or by e-mail: anita.albright@state.ma.us.

Ed Pomfred is the new Program Specialist for the Office of Healthy Aging. He has extensive experience in public health and community nursing. He enjoys jogging, sailing, gardening and other outdoor activities. Ed is looking forward to meeting and walking with you at future *Keep Moving* Regional walks. He enjoys a brisk walk each day to and from his office and South Station. Ed can be reached at (617) 624-5972 or by e-mail: edward.pomfred@state.ma.us.

Linn Morrill is the new community liaison for Office of Healthy Aging. She has a diverse background in elder services, health promotion, and disability advocacy. She enjoys outdoor sports, reading, traveling, knitting, music, and photography. She can be reached at (617) 624-5965 or by e-mail: linn.morrill@state.ma.us.



From left: Maria Bettencourt, Ed Pomfred, Linda Fitzgerald, Emmett Schmarsow and Anita Albright at the Keep Moving Leaders Appreciation Luncheon

Healthy Recipe Corner

Red Lentil and Spinach Casserole

This is a healthy, convenient, and tasty recipe! Prep time is 20 minutes. Serves 4 persons.

Ingredients:

8 oz. red lentils

2 lbs fresh spinach

8 oz. peeled tomatoes (or small can of tomatoes drained)

3 oz fat free yogurt to cover top

1) Preheat oven to 375 degrees

2) Boil red lentils in water for 15 to 20 minutes until tender and drain.

3) Steam spinach (12 minutes) drain, and season with sea salt and fresh ground black pepper.

4) Spread spinach evenly in ovenproof dish. Arrange tomatoes on top. Spread lentils over tomatoes to edges of dish. Top with yogurt to cover.

5) Bake 30 minutes. Serve with couscous, brown rice, or noodles.

Source: www.fatfree.com

Tips for Healthy Eating

Buy vegetables that are easy to prepare such as baby carrots and ready-cut lettuce.

Stock up on frozen vegetables for quick and easy cooking in the microwave.

Choose low sodium products.

Keep a bowl of fruit on the table or in refrigerator for easy access.

Fruits may be fresh, frozen canned or dried.

Upcoming Regional Walks

Hopkinton State Park
Hopkinton, MA
Friday, May 11, 2007

Greater Boston Senior Games Walk
UMass - Boston, MA
Saturday, May 12, 2007

Cape Cod Canal Herring Run Recreation Area
Bourne, MA
Friday, May 18, 2007

Jan Marble Memorial Walk
Castle Island, South Boston, MA
Monday, June 4, 2007

Northeast and Western MA Walks to be announced

Were you there? Enter the *Keep Moving* “*Were You There*” Contest



Two entries will be drawn and special *Keep Moving* prizes will be awarded. You only need one correct answer to be eligible for the drawing. But if you have all three questions answered correctly you will be entered into the drawing for the *Keep Moving* Grand Prize. If you know the answers to the questions under the photo, either mail or email your answers to the *Keep Moving* Director, Ed Pomfred: 617-624-5972 or edward.pomfred@state.ma.us.

Do you know these *Keep Moving* walkers? Do you know where this *Keep Moving* walk was held? Can you tell us the year and month of this *Keep Moving* walk?

Keep Moving is supported by Massachusetts Department of Public Health, Massachusetts Executive Office of Elder Affairs, Massachusetts Councils on Aging and Senior Center Directors and, BlueCross BlueShield of Massachusetts.

